Make your own omecook Marmalade

You will need:

- 6 x 454g (1lb) clean, warm glass jam jars
- 1800g (4 lb) sugar
- 425 ml (3/4 pint) water
- 5 litre (10 pint) capacity saucepan
- Wooden Spoon
- 1. Empty the contents of this can, the water and the sugar into a saucepan.
- 2. Bring to the boil, stirring continuously.
- 3. Reduce the heat but continue to maintain a good rolling boil
- 4. You may wish to add a small knob of butter during boiling to disperse foam.
- 5. Test for setting: remove from heat, put half a teaspoon of marmalade on a cold saucer and leave for two minutes in a cold place. Test by drawing a finger over the surface. If it wrinkles, setting point has been reached. If not, return saucepan to the boil for a few minutes and test again.
- 6. Allow to stand for 5-10 minutes and pour into pre-warmed jars. If peel floats, stir each jar.

Note: Foam may settle on the top of your marmalade after standing. Remove by scraping off with a spoon before sealing the jar.

- 7. Whilst hot, place a waxed disk (shiny side down) on the top of each jar and cover with cellophane when cold.
- 8. Store in a cool dark place.

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Homecook Medium **Make Your Own** Orange Marmalade

NO ARTIFICIAL COLOURS.

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NUTRITIONAL INFORMATION:		
Typical values per 100	g: as sold	as prepared
Energy	208kJ/	1132kJ/
	50kcal	267kcal
Fat	0.3g	0.3g
of which saturates	0.0g	0.2g
Carbohydrate		66.5g
of which sugars	9.1g	66.5g
Protein		0.2g
Salt	0.0g	0.0g

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appear as small white specs. They are perfectly

850q (1lb /14 oz)

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